

BREAKFAST

STARTERS

FRUIT SALAD	6
selection of melons, tropical fruit, orange juice marinade	
PARFAIT	9
blueberry Greek yogurt, berry compote, tempo granola, shaved almonds	
HOT OATMEAL	9
garnished with strawberry rhubarb compote, maple crème fraiche, smoked sea salt	

À LA CARTE

Toast/Gluten Free Toast	3/4
Muffin or Croissant	3
Bacon, Ham or Sausage	4
Hash Browns	3.5
Fruit Salad	6
Fresh Berries	9
Side of Flavored Greek Yogurt	3
Side of Hollandaise	2
Bagel + Cream Cheese	5

BEVERAGES

Freshly Brewed Starbucks Coffee	3.25
Cappuccino	4.25
Latte	4.25
Espresso/DBL Espresso	2.5/3.5
Hot Chocolate	3
Tazo Teas	3.25

MAINS

COLD TEMPO	15
fresh cut fruit bowl, flavoured yogurt, sliced cheddar, choice of muffin, bagel, toast, choice of coffee,tea or juice	
HOT TEMPO	17
two eggs any style, choice of sausage, bacon, or Canadian bacon, toast, hash browns, choice of coffee, tea or juice	
OMELET	15
mushrooms, peppers, onions, ham, cheddar cheese, toast, hash browns	
TOMATO AVOCADO TOAST	15
two poached eggs, grilled tomato, guacamole,sour dough toast, hash browns	
EGGS BENEDICT	17
Canadian bacon, poached eggs, English muffin, citrus hollandaise, hash browns	
BLUEBERRY BUTTERMILK PANCAKES	15
buttermilk pancakes, blueberries, maple syrup, choice of bacon or sausage	
EGG IN A BAGEL HOLE	20
Smoked Salmon, everything bagel with two farm fresh eggs cooked in the hole, fresh fruit salad,	

PLEASE INFORM US OF ANY ALLERGIES OR FOOD SENSITIVITIES.

Consuming raw or uncooked meats, seafood, shellfish or eggs may increase your risk of food born illnesses, especially if you have certain medical conditions.

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1875 BARRINGTON STREET, HALIFAX | 902. 42 TEMPO

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FOOD+DRINK

LUNCH

SOUP + SALAD

SOUP TODAY **8 (BOWL) 5 (CUP)**

always vegan + gluten free

HOUSE GREENS **11**

hand cut greens, pickled beet, goat cheese, pickled apples, pecan brittle, red pepper vinaigrette

TRADITIONAL CAESAR SALAD **12**

parmesan, smoked bacon, crouton, House Caesar dressing

KALE SALAD **12**

kale leaves, peppers, feta, pumpkin seeds, shaved red cabbage, smoked pineapple vinaigrette

* add 5oz chicken breast **6.5**

LIGHTER FARE

Comes with your choice of soup, salad or fries
upgrade to sweet potato fries | 3
use Gluten free bread | 1

FAMOUS FISH TACOS **17**

soft + crispy shelled, haddock, crunchy batter bits, lemon aioli, tomato jalapeño salsa

THE TRIPLE STACK CLUBHOUSE **17**

grilled cheese + bacon sandwich, chicken, lettuce, tomato, bacon mayo, zucchini bread

TEMPO BURGER **17**

Oulton's double beef patty, mayo, bacon jam, emmenthal cheese + 24 carrots bakery sour dough bun

MAC N' CHEESE **18**

cavatappi, double smoked bacon, roasted tomatoes, fontina + applewood smoked cheddar, panko crusted

OPEN FACED REUBEN **17**

Montreal Smoked meat, sauerkraut, 1000 Island Dressing, Swiss cheese

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